

# JANUARY 2020 - OPC Gym Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • [www.opcseniorcenter.org](http://www.opcseniorcenter.org)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
7:00 AM	<b>Open Gym 6:30-9:00</b>	<b>Open Gym 6:30-9:00</b>	<b>Open Gym 6:30-9:15</b>	<b>Open Gym 6:30-8:30</b>	<b>Open Gym 6:30-8:00</b>	\$2 All Levels Pickleball 7:00-9:00		
8:00 AM								
9:00 AM	\$2 Int/Adv Pickleball 9:00-11:00 (No Jan 20*) *Indoor Golf Clinic 9:00-10:30 (1/20 only)	<b>Volleyball Tournament 9:00-1:00 (pre-paid)</b>	(1) Free Beg. Pickleball Lessons 9:30-10:30	<b>Volleyball Tournament 8:30-12:00 (pre-paid)</b>	All Levels Pickleball Ladder (Pre-reg. only) (No 1/3) 8:00-1:00 ----- \$2 Pickleball (1/3 only) Int/Adv 9-11am All levels 11-1pm	\$2 Basketball 9:00-11:30		
10:00 AM			(2) Beg./Mentor Pickleball Games 10:30-11:30					
11:00 AM	<b>\$2 Beg/Int Pickleball Practice 11:00-1:00</b>		\$2 Int/Adv Pickleball 11:30-1:00			Pickleball Adv Practice 12:00-2:00 (Pre-Reg. only) (CT 1+2) (No 1/2)	<b>\$2 Table Tennis 1:00-4:00 (COURT 1+2)</b>	\$2 Volleyball 11:30-2:00*
12:00 PM			\$2 Novice Pickleball 1:00-4:00 (COURT 3+4)					
1:00 PM	* <b>\$2 Table Tennis 1:00-4:00 (COURT 1+2)</b>	<b>\$2 Novice Pickleball 1:00 - 4:00 (COURT 1+2)</b>	* <b>\$2 Table Tennis 1:00-4:00 (COURT 1+2)</b>	Drills & Skills Clinic (pre-reg. only) (CT 3+4) (No 1/2)	<b>\$2 Novice Pickleball 2:00-3:30*</b>			
2:00 PM	<b>\$2 Novice Pickleball 1:00-4:00 (COURT 3+4)</b>	<b>\$2 Basketball Shootaround 1:00-4:00 (COURT 3+4)</b>	<b>\$2 Novice Pickleball 2:00-4:00 (COURT 3+4)</b>					
3:00 PM	<b>\$2 All Levels Pickleball 4:00-6:00</b>	<b>\$2 All Levels Pickleball 4:00-6:00</b>	<b>\$2 All Levels Pickleball 4:00-6:30</b>	<b>\$2 Int/Adv Pickleball 4:00-6:00</b>	<b>\$2 Int/Adv Pickleball 4:00-6:00</b>			
4:00 PM	<b>\$2 Badminton 6:00-8:30</b>	<b>Pickleball Round Robin (prereg. only) 6:00-8:30</b>	<b>\$2 5-on-5 Basketball 6:30-8:30</b>			<b>\$2 Badminton 6:00-8:30</b>	<b>\$2 All Levels Pickleball 6:00-8:30</b>	
5:00 PM				\$2 Badminton 6:00-8:30	\$2 All Levels Pickleball 6:00-8:30			
6:00 PM	<b>\$2 Badminton 6:00-8:30</b>	<b>Pickleball Round Robin (prereg. only) 6:00-8:30</b>	<b>\$2 5-on-5 Basketball 6:30-8:30</b>	<b>\$2 Badminton 6:00-8:30</b>	<b>\$2 All Levels Pickleball 6:00-8:30</b>			
7:00 PM	<b>\$2 Badminton 6:00-8:30</b>	<b>Pickleball Round Robin (prereg. only) 6:00-8:30</b>	<b>\$2 5-on-5 Basketball 6:30-8:30</b>	<b>\$2 Badminton 6:00-8:30</b>	<b>\$2 All Levels Pickleball 6:00-8:30</b>			
8:00 PM	<b>\$2 Badminton 6:00-8:30</b>	<b>Pickleball Round Robin (prereg. only) 6:00-8:30</b>	<b>\$2 5-on-5 Basketball 6:30-8:30</b>	<b>\$2 Badminton 6:00-8:30</b>	<b>\$2 All Levels Pickleball 6:00-8:30</b>			

\*The gym closes at 11:30am on Saturday, January 25th for the Indoor Triathlon.

The OPC will be closed Tues, Dec 31st & Wed, Jan 1st for New Years.

To locate the Gym Schedule at [www.opcseniorcenter.org](http://www.opcseniorcenter.org), go to the Activities tab and click on Fitness & Aquatics. The schedules are located to the right on the Fitness & Aquatic page. To register for classes and passes online go to [www.myactivecenter.com](http://www.myactivecenter.com).

**In order to participate in the Wed 10:30 Beginner/Mentor Pickleball games you must be present for the 9:30 Beginner Lessons.**

\*Free beg. Table tennis lessons from 1:00-2:00 on Wednesdays and Fridays. Lessons include learning about the rules and basic techniques of the game. One time only lesson. Participaton after first lesson is \$2 drop-in.